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Upcoming:

7/12 Orientation

7/16 START Triage training

7/23 Orientation

7/26 Psychological First Aid

8/13 ICS 100 Classroom training

8/15 Orientation

8/27 Orientation

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Exercise Follow Up: Who Gets the Call

The phone rings. At the same time, your email buzzes. What's going on?

It may be an emergency alert sent out through the VVHS alert system to let MRC volunteers know their services have been requested and members are needed to respond. The VVHS system and emergency alerts are something you learn about in Orientation.

On Wednesday, June 22nd, health departments across Virginia participated in a state-wide exercise. Every region had a different scenario. The Eastern Region worked a bombing at the McArthur Center, where responders detected possible radiological contamination. This spurred a series of events from the Norfolk Health Depart-

ment and surrounding communities, including the activation of a Community Reception Center (CRC), where evacuees could come and be decontaminated and receive information on possible side effects.

As part of the exercise, I sent out an email alert to all MRC members asking them to report their availability to staff the CRC. Within an hour, 18 people had responded they could help, 17 responded they were unavailable, and the remaining volunteers did not have time to respond. Kudos to those of you who were able to get the message in time and respond one way or another regarding your availability.

Here's the hitch: If this had been a real emergency, that message

would not have gone out to every volunteer. It would have only gone out to those of you who have completed basic training. Until your basic training is completed, you will not receive emergency alerts for real events, and you will not be able to help respond. Training is your gateway to successful and rewarding volunteer assistance in the community. Without understanding the organization you are volunteering for or the system you are volunteering in, you will not be a very effective volunteer.

The next time we need all hands on deck, make sure you get the call. Complete your training so that you can participate to help your community. We're counting on you to be there!

Volunteer Spotlight: Meet Gregg Bradley



Gregg Bradley has been a MRC volunteer since 2007. Now he's bringing his extensive experience in training with the NSP to the MRC classroom.

Learn more about triage in a disaster environment in the **START Triage** course (Simple Treatment and Rapid Triage), **July 16th**. Contact Linda to register today. Training is Free!

Gregg has been a long-time member of the NMRC and recently volunteered to teach the START Triage course. Gregg is also a volunteer and instructor for the National Ski Patrol (NSP), where he has been a member for 26 years.

His home patrol is Wintergreen Resort, VA, although he maintain a secondary patrol registration at Massanutten Resort, also.

There are several levels of earned accreditation within NSP. The patrollers most individuals will see at ski resorts are Basic Alpine Patrollers. These are individuals who have met the standards for medical first responder, along with skiing and rescue toboggan handling.

The next level up is Senior Patrollers who have been evaluated on enhanced skiing and toboggan skills along with the ability to manage more involved accident scenes such as difficult extrications, multiple patients, extreme adverse conditions, etc. Approximately 10% of NSP's 26,000 members achieve this level.

The highest earned level within the NSP system is Certified Patroller. These individuals are evaluated in ten different areas of expertise. Their skiing skills must be top notch; they must possess the skills to ski a rescue toboggan down the steepest lift serviced terrain in the Nation, under the most adverse conditions possible with complete control of patient safety. They are evaluated on their ability to not only perform emergency lift evacuations, but are expected to be able to instruct others in all aspects of vertical and low angle technical rope rescues. While we don't usually see avalanches on the East coast, Certified Patrollers are tested on their knowledge and skill at avalanche rescues, including finding and recovering buried avalanche beacons as part of a timed exercise. General knowledge of all aspects of ski resort operations is evaluated including snowmaking, grooming, and lift operations. Slope safety, trail design and maintenance are also included.

There are only approximately 500 or so

individuals nationwide who are Certified Patrollers. Gregg is very proud to not only be one of them but also serve as an examiner for the program.

NSP has its own First Responder medical course, Outdoor Emergency Care. It is similar to an EMT-B equivalent course. Gregg is both an instructor and Instructor Trainer for the course, as well as an instructor and an IT for Mountain Travel and Rescue, NSP's designation for those who train others in how to use rescue toboggans and other over the snow transport means.

Gregg has won multiple awards as an Outstanding Patroller at Wintergreen and has been selected as the Outstanding Instructor for Southern Division of NSP on three different occasions, as well as a turn as 1st runner up for Outstanding Instructor in the nation for NSP.

In addition to his MRC and NSP service, Gregg is also a PSIA member, Professional Ski Instructors of America.

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On the Horizon

Join the MRC for the National Night Out Parade, August 2

We are planning to march this year in the National Night Out parade in Norfolk to help advertise our unit and recruit new volunteers. We'd love to have YOU join us! National Night Out is a community event focusing on safe neighborhoods through neighbors getting to know and work together to solve community safety issues. All volunteers who walk with us in the parade will receive a Norfolk MRC T-shirt to wear. The parade will be followed by a picnic in the park. Please mark the date, more details will be available soon. See you at the parade on August 2nd!



2011 Berkley Reunion

The Norfolk Health Department will participate in the Berkley Reunion by providing a mobile station for health screenings. Medical and non-medical volunteers are needed to perform registration, blood pressure and cholesterol screenings. The event is being held August 12-14 next to the Southside Sports Club. More details and a sign up to come.

NDPH Body Mass Index Project in Norfolk Schools

Recognizing the problem of childhood obesity in Virginia, and specifically Norfolk, the Norfolk Department of Public Health (NDPH) is planning to implement strategies to reduce and/or prevent this rising trend. School nurses will be trained to perform BMI assessments using BMI measurement machines, and data will be collected. Strategies for reducing this trend will be implemented as part of the project. A timeline for project initiation is in the works.



Norfolk's Project Homeless Connect

Join us on Wednesday, September 14th for Project Homeless Connect at SCOPE. This event helps provide medical services and other resources for homeless adults throughout the community. Volunteers will be needed for registration and medical screenings. Volunteer hours run from 7:30A—5:00P, the event is open to participants from 8:30A-3:00P. Volunteer sign up will begin soon, please mark the date and plan to help if you are able to!



CPR Training

I'd like to get a class together for CPR training. Please let me know if you need to be certified or obtain your re-certification and if you need a healthcare level course. If we have enough people, we can put together our own class.

Win a weather radio
*when you refer potential
 volunteers into the NMRC!*



IS-100 Incident Command System Classroom Course

For those of you who are unable or struggling to complete the IS-100 course online, we are offering a classroom version.

Please sign up now to save your seat at the course on Saturday, August 13th 8:00A-2:00P Norfolk Health Dept.

Lunch is included. A mini-exercise is planned, allowing you to practice what you've learned. Please register with Linda to save your spot!

MRC Recruitment Contest—Bring a Friend

As you know, we are in the midst of a huge recruitment campaign to bring new volunteers into the Norfolk MRC unit. **I'm asking each MRC member to do their part in this important task by asking their colleagues, friends, and relatives to join our unit.** Simply have them go to www.vamrc.org and complete the volunteer application. Make sure

they complete the question at the end asking how they heard of the MRC by filling in your name—this is the only way that I can give you credit.

Remember, volunteers in our unit may be either medical professionals or non-medical support personnel. The important thing is that the individual has the time and desire to help their community.

Brochures and other materials are available from the Coordinator, please let me know how many materials you need.

The person who is able to recruit the most approved applicants (I will need to review and approve all applications) by September 2, 2011 will win a Midland Weather Alert Radio.

Thank you!

Psychological First Aid—Classroom style

The NMRC is teaming up with the VBMRC to offer a classroom course in Psychological First Aid (PFA). The course will be taught by the American Red Cross and is free to the MRC.

PFA is an instructor-led, basic level course consisting of five separate segments and a self-review questionnaire. The course provides a framework for understanding the factors that affect stress responses in disaster relief workers and the clients they serve. The

Purpose of PFA is to provide care, comfort and support to people who are experiencing disaster-related stress.

Upon completion of the course, participants will be able to:

- Describe how to recognize the signs of stress in clients, co-workers and themselves.
- Apply psychological first aid principles in providing immediate support to people who may be experiencing stress.

- Describe how to obtain additional mental health support for themselves, co-workers and clients.

This course will count toward completion of the Disaster Behavioral Health training requirement. The class will be held at the Virginia Beach Health Department, 4452 Corporation Ln., on Tuesday, July 26th from 1:00-4:00 PM. Registration is required; please RSVP your attendance to Linda no later than Friday, July 22nd.